

## **FARMERS' MARKET COUPONS**

A limited number of Farmers' Market coupons will be available beginning August 1<sup>st</sup> at the senior center for Foxboro residents. Coupon books are in the amount of \$25 per recipient. In order to qualify, you must be at least 60 years of age and have an income below \$21, 257 for an individual and \$28, 694 for a couple. As a form must be signed indicating you meet the eligibility requirements, you must come in person to the senior center to sign for and receive your coupon booklet. We have scheduled a Van-Go trip to the Mansfield Farmers' Market on Thursday, August 8<sup>th</sup> at 2:00 p.m. where you can use your coupons. Please call 508-543-1252 to arrange for your space on the van if you want to go along.

### **Monday, July 29**

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

### **Tuesday, July 30**

***No Stretch & Balance Today***

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, July 31**

Strength Training 8:30 a.m.

Video Lecture Series-Experiencing Hubble 12:30 p.m.

Luncheon Outing @ Hearth 'N Kettle 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, August 1**

Ceramics 9:00 a.m.

### **Friday, August 2**

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. [www.foxboroughma.gov](http://www.foxboroughma.gov)

## **SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY**

"Tips for Staying Active & Healthy" will be this week's senior center programming shown on July 31<sup>st</sup> & August 1<sup>st</sup>. Watch "Your Scene, Your Center" on Foxboro Cable Access, Comcast Channel 22 and Verizon Channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m.

## **SPECIAL EVENTS AND PROGRAMS**

### **CARNIVAL COOKOUT & SINGER VIC SOLO AT THE WRENTHAM COA**

The Foxboro seniors have been invited on Tuesday, August 20<sup>th</sup> at 12 noon to the Wrentham COA, 400 Taunton Street, Wrentham, for a Carnival Cookout with Singer Vic Solo and a Jimmy Buffet Beach Party! We will be having a "Carnival" menu with Foot Long Hot Dogs w/Roll, Corn on the Cob, Potato Salad, and for Dessert, Ice Cream Sundaes! The cost is \$2.50 per person. Please make your reservations for this lunch by calling the Foxboro senior center at 508-543-1252 by Wednesday, August 14<sup>th</sup>. We will be entertained by Vic Solo, who will sing the songs of the ultimate "Parrothead" – Jimmy Buffet! What better way to celebrate summer than with fun, sun, drinks, and the music of Jimmy Buffet? Listen to classics like "Cheeseburger in

Paradise,” “It’s 5 O’Clock Somewhere”, “Fins,” and of course, “Margaritaville”. Dress in your tropical best, bring your flip flops and have a great time with our friends at the Wrentham COA!

### **LET’S TALK ABOUT... PROTECTING ELDERS FROM FRAUD AND EXPLOITATION**

The Eldercare Alliance presents “Let’s Talk About...Protecting Elders from Fraud and Exploitation,” sponsored by the Sharon Credit Union on Tuesday, July 30<sup>th</sup>, 2013, from 11:15 AM to 12:45 PM at the Sharon Adult Center, 219 Massapoag Ave., Sharon, MA. Financial exploitation of elders occurs when another individual gains access to and control over the elder’s finances with fraudulent intent and causes that individual to suffer a substantial monetary or property loss. Our panel includes: James Carlson, President, Sharon Credit Union; Harlee Nason, Protective Services Supervisor, HESSCO Elder Services; and an Identity Theft Victim. Lunch will be served including an ice cream bar for dessert! This program is FREE and is presented in partnership with Sharon Credit Union, HESSCO, and the Sharon Adult Center. To reserve a seat, please RSVP to the Sharon Adult Center at 781-784-8000.

### **THE BANJOS ARE BACK!**

The banjos are back in Mansfield, bigger and better than ever! Their sponsor said, “Make it FREE for seniors!” So come on Thursday, August 1<sup>st</sup> at 7:00 p.m. in the Mayfair Ballroom at the Holiday Inn Mansfield, 31 Hampshire Street, Mansfield, MA. Don’t miss this FREE concert with America’s top banjo players. Call or email Paul Poirier for details or to get advanced tickets. Email: [allfrets2013@hotmail.com](mailto:allfrets2013@hotmail.com). Phone: 508-399-6808.

### **SUMMER MUSIC WITH JACK CRAIG**

Sing along with Jack Craig at the senior center as he shares the music and anecdotes of our favorite Broadway shows and songwriters on three Wednesdays in August at 11:00 a.m. The remaining schedule is as follows:

August 14<sup>th</sup> - Great Songwriter-Hoagy Carmichael

August 21<sup>st</sup> – Great Songwriter-Sammy Cahn

August 28<sup>th</sup> –Great Songwriters-Bacharach & David

Please sign-up for these programs by calling 508-543-1252.

### **I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!**

Summertime and ice cream go hand-in-hand, so we are planning our ice cream day trips again! This year’s ice cream trips will be scheduled on Tuesday and Thursday afternoons throughout the summer to Bubbling Brook, Crescent Ridge, Flint Farm, The Ice Cream Machine and The Big Apple. Our next trip for this season will be to Crescent Ridge in Sharon on Tuesday, August 13<sup>th</sup>. We will leave for ice cream at approximately 1:30 p.m. from the senior center or the van can pick you up from your home. Van space is limited, so be sure to call early to sign-up. Call 508-543-1252 to reserve your spot. Van space is reserved for Foxboro residents only.

### **SCAMS AND ALERTS**

Two scams are making the rounds. The first is the rather typical but popular “I’ve been robbed and can’t get home!” scam. The scammer is asking for emergency funds to be wired or sent to them following a robbery in a foreign country. In another scam a senior had a voicemail message from a phone number ID of 000-000-0000. In the message a male caller claimed to be Al Green from Central Berkshire District Court. The message claimed that there were 7 charges filed against her. She was told to call an 877 # and that she “had been served”. Concerned, she called the 877#, and confirmed her information with Al Green. They ultimately told her that they represented Everest Credit Global. She did not owe any money, but they told her she owed \$716. A few minutes later her Coop account had a withdrawal of \$716. The bank is working with this senior regarding the loss to her account. She suspects the scammers hacked her g-mail account, because random family and friends in her email lists also received similar voicemails. Do not respond to these types of calls.

### **MEDICAL INFORMATION AND SERVICES**

**S.H.I.N.E.**

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Ed Raider of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next available appointments will be on Tuesday, August 6<sup>th</sup>. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

### **REGULARLY SCHEDULED** **BINGO!**

Calling all Bingo players...Come and join the fun on the 1<sup>st</sup> Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, August 6<sup>th</sup> from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

### **BOOKS ON TAPE BOOK CLUB-Movie Day at 12:00 p.m.**

For the August Book Club meeting, the group will watch the movie "The Boy in the Striped Pajamas" as a follow-up to having read the book. Set during World War II, a story seen through the innocent eyes of Bruno, the eight-year-old son of the commandant at a concentration camp, whose forbidden friendship with a Jewish boy on the other side of the camp fence has startling and unexpected consequences. This film is directed by Mark Herman and stars Asa Butterfield, Zac Mattoon O'Brien, David Thewlis. The movie will be shown on *August 5<sup>th</sup> at 12:00 p.m.* in place of the regular Book Club meeting. The Book Club is inviting both members and non-members to come and see the movie. If you are interested, please call 508-543-1252.

### **PAINT IN A DAY**

Come and explore your creative talents at the senior center. You will amaze yourself when you leave that afternoon with a fantastic painting done by you ... enjoy a Bob MacLeod painting class, and you'll want to come back for more! This class is for everyone, not just the experienced, so give it a try! Bob MacLeod's next visit to the senior center will be on Wednesday, August 7<sup>th</sup> at 10:00 a.m. The cost of the class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan on staying until approximately 3:30 p.m. Please bring along your own paper towels. Class size is limited. If you would like to sign-up, please call the senior center at 508-543-1252.

### **SENIOR SUPPER CLUB**

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, August 21<sup>st</sup> join us for a special "Hawaiian Luau." Come and enjoy an opportunity to visit with each other beginning at 4:30 p.m., followed by a meal of Boneless Chicken Breast with Maraschino Sweet and Sour Sauce, White Rice with Roasted Vegetables, Diner Roll, and Strawberry/Peach Upside Down Cake with Whipped Cream to be served at 5:00 p.m. A voluntary donation of \$2.50 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

### **LUNCHEON OUTING**

Our next luncheon outing will be to Hearth 'N Kettle on Wednesday, July 31<sup>st</sup> at 1:00 p.m. Seating is limited, so please call the senior center at 508-543-1252 to sign-up by Tuesday, July 30<sup>th</sup>. Van transportation is available.

### **AQUATICS CLASSES**

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street, Foxboro, to sign-up for the aquatics classes in the beautiful YMCA. The YMCA Invensys/Foxboro Branch is located at 67 Mechanic Street, Foxboro, MA. Classes are \$5 each, but you must sign-up and pay for the full session, as well as choose which day of the week you will be attending, per the YMCA's policy. The next session is 4 weeks and runs from July 29<sup>th</sup> through August 25<sup>th</sup>. The payment will be \$20 and is due at sign-up. Call 508-543-1252 with any questions.

## **VIDEO LECTURE SERIES: "EXPERIENCING HUBBLE"**

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "Experiencing Hubble: Understanding the Greatest Images of the Universe" on Wednesdays at the senior center through August 14<sup>th</sup> from 12:30 p.m. to 1:30 p.m. Learn about how the Hubble Space Telescope has revolutionized our understanding of the universe, both near and far. Come and see the stunning images that have captivated and inspired students of all ages. Professor David M. Meyer is professor of Physics and Astronomy at Northwestern University, where he has taught for more than 20 years. He is also the director of the Dearborn Observatory and co-director of the Center for Interdisciplinary Exploration and Research in Astrophysics, where much of his work involves the Hubble Space Telescope. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

## **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

July 31 Luncheon Outing @ Hearth 'N Kettle

August 7 Kohl's @ Mansfield Crossing

August 8 Mansfield Farmers' Market @ 2:00 p.m.

August 14 Christmas Tree Shops

## **TRAVEL AND ENTERTAINMENT**

### **ESSEX STEAM TRAIN AND RIVERBOAT TRIP**

Join the Foxboro seniors on a scenic day trip to Essex for a steam train and riverboat tour on Thursday, October 10<sup>th</sup>. This special trip begins in Mystic, Connecticut where you will have some time for shopping for bargains at the Mystic Commons. Then you will board The Valley Railroad Steam Train for a 1-hour train ride along the Connecticut River. Enjoy the ride through the old New England countryside as well as a wonderful meal served on board prior to your departure. You will have your choice of Beef Tips and Gravy, Baked Stuffed Fish or Pasta Shells with Sweet Red Sauce, all served with Garden Salad, Vegetables, Starch, Bread and Dessert. Once you arrive at Deep River Landing, you will board the Essex Steamboat for a 1-hour cruise on the Connecticut River. Along the river, you will view the Gillette Castle, Goodspeed Opera House and many other landmarks from the steamboat era before boarding your train for the return trip to Essex. This time of year should make for optimal "leaf-peeping" along the way! The cost for this spectacular day trip is just \$80 per person, including gratuities and driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, September 6<sup>th</sup>. Your motorcoach bus will depart from St. Mary's Church parking lot (time to be announced) on Thursday, October 10<sup>th</sup>. Sign-up for this opportunity by calling the senior center at 508-543-1252 on Wednesday, August 7<sup>th</sup> beginning at 8:00 a.m.

### **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

### **Monday, July 29**

Teriyaki Chicken

Oriental Vegetables

Asian Rice

Multigrain Roll  
Pineapple

**Tuesday, July 30**

Meatball Stroganoff W/Noodles  
Spring Blend Vegetables  
Whole Wheat Bread  
Butterscotch Pudding

**Wednesday, July 31**

***Happy Birthday***

Roast Pork W/Gravy  
Cheesy Mash Potatoes  
Green Beans  
Wheat Bread  
Birthday Cake

**Thursday, August 1**

BBQ Beef Rib  
Whipped Potatoes  
Broccoli Medley  
Dinner Roll  
Mixed Fruit

**Friday, August 2**

Turkey Stew With Vegetables  
Noodles  
Fruit Muffin  
Fresh Orange